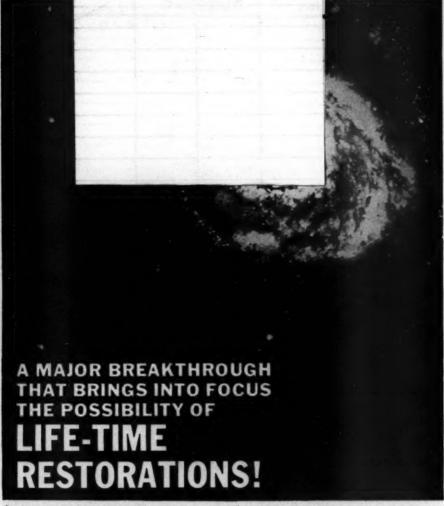
AUGUST 1, 1961 VOL. 42 No. 3

OF THE CHICAGO DENTAL SOCIETY



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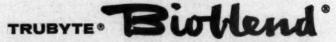
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The Fortnightly

REVIEW

OF THE CHICAGO DENTAL SOCIETY

Number 3 Aug. 1, 1961 Volume 42

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ELMER EBERT ORVILLE C. LARSEN KARL S. RICHARDSON EDITOR
ASSISTANT EDITOR
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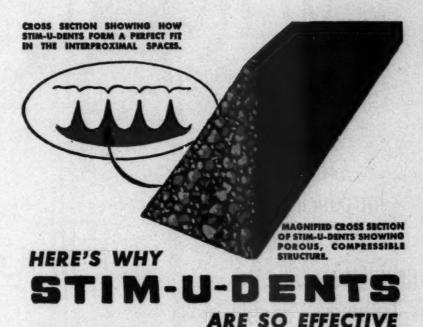
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The Fortnightly REVIEW

THE CHICAGO DENTAL SOCIETY

August 1, 1961

Volume 42 · No. 3

The Dentist's Opportunity in Nutrition*

Philip L. White, Sc.D., Secretary, Council on Foods and Nutrition, American Medical Association

uring this presentation I shall endeavor to justify the contention that the dentist should not practice clinical nutrition; he may, however, have responsibilities to patients in need

Dr. White

of dietary counseling. I will attempt to point out that the proper diagnosis and treatment of disorders of nutritional origin are usually beyond the purview of dental practice. The issue of the role of diet in causing or preventing caries will

not be discussed, since Dr. Basil Bibby will consider this in his paper.

This discussion can best be opened with the question: "Must the dentist become a nutritionist?" This may suggest that the dentist must become a nutritionist to be properly equipped for his practice. Or, it may imply that the dentist should become a nutritionist because others have neglected their responsibilities. Indeed, the dentist may feel morally obligated to practice clinical nutrition.

He may tend to become a nutritionist by default of the family physician.

In routine practice, the dentist focuses his attention on an area of the human anatomy that is one of the sensitive mirrors of the nutritional status. Few nutrient deficiency syndromes are not reflected, directly or indirectly, by some change in the integrity and appearance of the skin and buccal mucous membranes. Certain vitamin deficiencies result in specific disorders involving the tongue, gums, corners of the mouth, and nasolabial area, but the symptoms are rarely clear-cut. For example, glossitis, with soreness and burning, is associated with niacin deficiency; cheilosis, with angular maceration and fissures; and glossitis, with a purplish appearance, have been attributed to riboflavin deficiency. Glossitis is also associated with pyridoxine and folic acid deficiencies.1,2 Obviously, there is significant overlapping of symptoms associated with vitamin deficiencies.

The structures of the oral cavity do reflect signs of overt nutrient deficiencies; however, these signs alone will seldom permit a definite diagnosis. Many of the above symptoms may result from diverse pathological conditions. They are, nevertheless, valuable clues to be considered. The dentist, seeing signs and

^{*}Presented before the Chicago Dental Society meeting, Feruary 8, 1961.

symptoms suggestive of vitamin deficiencies, often must feel compelled to initiate treatment. It must be emphasized that in almost every instance, the tentative diagnosis should be confirmed by a more complete examination. This is beyond the

purview of the dentist.

In general, a nutritional deficiency disease should not be diagnosed unless multiple suggestive signs are encountered. Lesions attributable to vitamin deficiencies are generally bilateral.3 The diagnosis of a specific nutrient deficiency based solely on the observation of lesions in the oral cavity is very difficult. A possible exception may be the red, swollen, and bleeding gums typical of a vitamin C deficiency. Even then, a number of other gum conditions with somewhat similar characteristics must be ruled out. With exception of the deficiencies manifested by the most classical symptoms, e.g., beriberi, pellagra, scurvy, rickets, and osteomalacia, clinical observations should be confirmed by appropriate laboratory examinations and medical history.1 This is especially true during the very early stages of clinical manifestations; by far the more common situation encountered

Patients seen today rarely, if ever, present all of the lesions described as classical symptoms of vitamin deficiency. The inadequately nourished individual nevertheless may demonstrate certain signs suggestive of a particular deficiency or deficiencies.

New Generation with Old Problems

Nutrient deficiencies present during the developmental years may be observed by the dentist in his examinations. Caloric, protein, vitamin D, and vitamin A deficiencies that existed in early childhood may be discernible in the older child; caloric and protein deprivation by the failure to achieve an anticipated genetic potential. Signs of vitamin D and A deficiency may be discernible by roentgenologic examination of the face and jaws.4 When signs of old lesions are encountered, an effort should be made by the physician to determine whether a change or correction has occurred in the dietary habits of the patient or the patient's family. If no attention is paid to this, the faulty nutrition may be perpetu-

ated in all younger siblings.

There is an expression creeping into the literature that has been used for some time in vitamin advertisements. It is-"subclinical vitamin deficiency." By definition, this means-without clinical manifestations—a disease in its earliest stages. Millions of dollars are spent by people treating "subclinical" deficiencies, the only discernible result being a healthy fish population in the streams below the sewage disposal plants! Most of the water soluble vitamins in high potency supplemental vitamin preparations are no doubt passed off in the urine. It is most imperative that signs suggestive of nutrient deficiencies be used as guides to further diagnosis and not guides to therapy per se. Many dentists may wish to "treat" the "subclinical" lesions; however, diagnostic aids outside the purview of the usual dental clinic are required before the proper diagnosis may be made and the preferred course of treatment charted.

When overt lesions or even signs suggestive of deficiencies are encountered by the dentist, it would seem prudent to seek the cooperation of the patient's physician or a specialist. Nutrient deficiencies are systemic; they inevitably involve other tissues and organs not conventionally considered by the dentist. Great as the temptation may be to suggest vitamin therapy, it should be resisted until the complete diagnosis has been made. The physician should not resort to shotgun vitamin therapy either, although he may wish to prescribe vitamins until such time as the basic dietary fault has been corrected.

It is entirely conceivable that specific instruction given by the dentist could conflict with that given by the physician for management of such conditions as diabetes, cardiovascular and renal disease, ulcers, or anemias,

(Continued on page 23)

Definition of a Dentist

Dentists are not traders in commodities engaged in a merchandising business. A dentist is a practitioner of one of the true "learned professions," like unto a physician or surgeon. Dentistry is one of the healing arts, a department of medicine; and dentists, like physicians, perform the highest type of skilled professional services for their patients. Dentists are men of profession, who by virtue of their talents and aptitudes, and long years of study, and formal education, qualify themselves to serve mankind and to alleviate human suffering.

When a dentist furnishes a prosthesis to his patient, this is an inseparable and indivisible part and parcel of the professional service of dentistry, which concerns itself with diagnosis, treatment, restoration, prevention. A dentist does not, under the common understanding of things, or under terms of the Sales Tax Act, make a sale to his patient.

His relationship to his patient is not that of merchant and "customer," but that of doctor and patient; a close relationship requiring the skill and expertness that come with a concentrated background of education, training, and qualification. A patient goes to a dentist seeking treatment and professional care . . . and that is what he gets, and the amount paid the dentist by the patient is the dentist's fee for professional services.

The fashioning and furnishing of dentures, crowns, inlays, bridges, and similar medical prosthetic devices, by a dentist, incidental to his professional care and treatment of his patient, is not a retail sale of tangible personal property taxable under the Alabama Sales Tax Act. Skilled professional service is that which is required of the dentist, furnished by him to the patient, charged for by the dentist, and paid for by the patient.—From the Final Decree by Judge Walter B. Jones, Circuit Court of Montgomery County, Ala., No. 34430, 9 March 1960. Printed in the J. Kansas State Den. Assoc. 44:133, Oct. 1960.

A "Dental Laboratory"

The following definition of a dental laboratory is a part of the dental practice act of the Michigan State House Bill No. 64 presented before the 71st session of the legislature. It is the writer's opinion that it is one of the best he has seen in many years. It is published for your information in the hope that it may clear up a lot of misunderstanding.

Quoting Section 13a: "(1) The term 'dental laboratory,' as used in this act means any dental workroom, whether operated as a part of a dental office or otherwise, by any person, association, corporation, or any other entity other than a licensed dentist or physician, engaged in, or holding out to any as being engaged in, either directly or indirectly, constructing, repairing or altering prosthetic dentures, bridges, orthodontic or other appliances or structures to be used as substitutes for or as a part of natural teeth or jaws or associated structures, or for the correction of malocclusions or deformities."—E. Ebert.

News and Announcements

ETHICS CODE VIOLATIONS

Dr. Irving C. Stone, 111 N. Wabash Avenue, was censured on January 26, 1961 for appearance on the Lee Phillip (Channel 2) television show on August 24, 1960. This is a violation of Section 2 (9) of the Code of Ethics.

Dr. Morton Epstein, 2448 Western Avenue, Park Forest, was censured and placed on probation for six months on March 21, 1961 for violation of the Code of Ethics under Section 2, Advertising, consisting of the insertion of a 2 x 3½ inch ad in *The Star* of December 11, 1960.

Dr. E. L. Ewald, 3001 N. Southport Avenue, was censured and placed on probation for six months for violation of the Code of Ethics under Section 2, Advertising, consisting of the insertion of an ad in the *Belmont Booster*, Christmas 1960.

SERVICE OCCUPATION TAX ON DENTAL MATERIALS AND APPLIANCES (State Rate 3%)

At the recent session of the Illinois General Assembly there were a number of new taxes enacted and among them was the Service Occupation Tax on dental materials and prosthetic appliances which the Governor, Otto Kerner, has signed into law. There have been a great many telephone calls to the Central Office regarding this tax and as well as we can ascertain from our attorneys the tax is applicable to dental supplies and appliances and must be collected by the suppliers. For a good many years this was not the case but since the enactment of the recent tax legislation it must be paid. We regret that to our best knowledge there was no concerted effort by the dental profession to oppose such taxes and there probably was little chance of defeating it, nevertheless it again points out the necessity for eternal vigilance on the part of all of us. If we are to meet these problems and the many others which confront the profession at each session of the legislature it is going to take all the vigilance that the officers and those entrusted with matters legislative can give, plus every last man of us. We must pitch in and learn to know our representatives and keep them informed on dental health matters.

If the writer may be so bold he'd suggest that we get steamed up about matters such as this before it is too late as it is in this case and act before the laws are put on the books.

We are doing a better job than we have done but it is far from good enough and you can't pass the job you should do onto "George." YOU ALONE IN CONCERT WITH EVERY MEMBER OF THE ILLINOIS STATE DENTAL SOCIETY CAN DO THE JOB AS IT SHOULD BE DONE. START RIGHT NOW TO BE INFORMED.

Just to repeat: This tax is collected and paid by the supplier.—E. Ebert.

CANCER FUND FIGURES

In the Professional Section Report of the current cancer fund campaign our members look good but are just short of one hundred percent of their assigned quota. The figures are as follows with percentages by groups: accountants—130%; attorneys—68%; physicians—70%; dentists—96% and management engineers—117%. The dentists' quota is \$1,400 and a total of \$1,350 has been contributed by 145 dentists.

PERENNIAL THORN EXTRACTED AT LAST

The Society along with a goodly number of its heretofore embarrassed members will welcome the news that one Stanley Oleck, owner of the Directory Publishing Company, 220 South State

(Continued on page 25)

News of the Branches

Northwest Side

I tried to call Ted Chase for a little news but it was almost impossible to get him; he was home putting in a patio (this I've got to see)—now he needs a vacation so he has decided to go up to Hayworth, Wisc. with Mike Guerrieri who, by the way, is thinking of moving his office farther west on North Ave. . . . Another vacationer is Viggo Sorensen who is taking his family to the Black Hills and then on to his home town in North Dakota-Sorensen and Giannini have just purchased some land in Mount Prospect and are waiting for the property to be rezoned so that they may build their offices for the practice of oral surgery. Viggo better take all of the vacations he can get, he probably won't be able to take so many since he has installed general anesthesia. . . The Gerson Goulds have just returned from Canada where they visited their grandchildren and-oh, yes-they also got a glimpse of their daughter and son-in-law. . . . Mitch Kaminski tells me that the Dental Arts are holding a picnic on the 19th of August at Cedar Lake, Wis. If anyone wants to make a reservation call Ted (he'll shoot me when he reads this) Chase.... The number of golf outings in the offing should make "pros" out of us all. The Independents have an outing on Aug. 9th at Glendale. O.K. Johnson, the chairman, says the ticket sales are being received in good order which means a nice crowd. . . . The Loyola alumni are planning a humdinger of an outing on Sept. 13th at Midwest. Yours truly is the ticket chairman, so I would be glad to oblige any of you with a reservation if you would call ANdover 3-3235 or send me your check at 55 E. Washington. The class of '36 is the 25th anniversary class and Walt Zipprich is the chairman. For tee-off time reservations, call Ted Chrobak at GL 5-3632.—Joseph A. Cantafio, Branch Correspondent.

South Suburban

Here it is summer, when most of the men are getting ready, or returning from their vacations, but not Howard Strange. He was busy studying with Kesling in Indiana. Howard's boy has just graduated from St. Louis and will be practicing dentistry soon. . . . Milt Braun isn't enjoying a vacation either, he is on a forced rest due to interior trouble (ulcers, that is).... New York seems to be the area where most of our Branch has gone, if I'm wrong send me a card; in fact, if I'm right you can also send me a card. It's funny, everyone used to let me know what was going on, but now that I'm the correspondent for our branch, the word is: "Don't tell Wright anything." Why??? Anyhow, I was in New York, Ed Winiecke spent 10 days there, Milt Braun planned to be there but Michael Reese got him first, Rol Riegel had plans to be there, but a case of chicken pox forced him to stay in North Carolina. . . . Naturally, other locations were graced by our men. Dan Herrold is giving Wisconsin two weeks of his time; Ellidore Patnaude is in Minneapolis, he won't buy the Twins, yet; Herm Gornstein is in Florida, and probably will hop around some islands, not Cuba, though; Vance Phillips is enjoying fishing in Canada. Say, did you see Vance's new Pacesetter home in the Chicago Tribune? . . . I understand Harold Drummond took his air-conditioned Cadillac to his summer home in Indiana. . . . Don Murphy and Herb Hammer are trying to figure out who is stealing their name signs. . . . Say, banking must be a good side-line, at least Danny Altier was so impressed by Joe Garofalo's bank in Palos Heights, that he is among a group waiting for a Federal Deposit Insurance stamp of approval for a new bank in Harvey. . . . Ingalls Hospital had its Golf outing on July 19th and St. James will have its outing August 10th. . . . The Loyola Alumni Associa-



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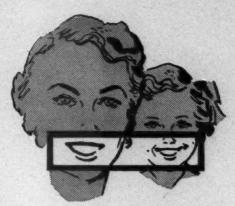
tion has asked that I notify you that the Dinner and Golf outing is scheduled for September 13th at Midwest Country Club, Hinsdale, Illinois. Write Dr. William Aquilino, Loyola Dental Alumni Association, 1757 W. Harrison, Chicago 12, Illinois; Class of '36 call Dr. Zipprich at Austin 7-2741.—Francis H. Wright, Correspondent.

West Side

It is the good old summer time and its many vacation days that make this season the most pleasant of them all. Many of our members are spending many hours along a trout stream, lowering their golf score or winning at bridge. . . . The Cahills and their sons are visiting in Saint Francis, Canada, and enjoying the cool breezes of the northland and also its many fishing spots. . . . Sam Silver, who attended the A.D.A. convention in Hawaii, was not content with one vacation but has just returned from San Francisco. During this visit he attended the University of California and completed two short courses; one, a refresher in gold foil technique and the other in periodontia. . . . Sorry to hear that Chuck Vission's daughter Gail was in an auto collision. No one was seriously hurt and Gail is fine. . . . Edward Rus, Jr. has an addition to his family. His older son Jeffrey has a little brother, Arthur, to play with. Congratulations to Grampa Edward Rus, Sr. May your family keep on growing. . . . Another of our members who has left the city is Sara Krout, who will find that a long vacation is a good tonic. . . . Just returned from a fishing trip to help keep the aquarium filled is Michael Oppenheim. . . . To all our members who are graduates of Loyola University College of Dentistry or formerly Chicago College of Dental Surgery, you are all invited to attend the golf and dinner outing, September 13, at the picturesque Midwest Country Club at Hinsdale, Illinois. The twenty-fifth anniversary class of 1936 has Walter Zipprich as its chairman and he would like the West Side members to be well represented. Another member of our group, Carl Madda, is on the trophy committee and is cooperating with Walter to make this an unforgettable day. . . . Lover Boy Berlin is visiting with us in Chicago. He became lonesome for his west side friends and came posthaste from his new home in Florida. . . . Many of our members are vacationing in various parts of the country and I would like to know where you were and what you did. It may be naught to you, but to me it's news. . . . Other fellows whom I have contacted regretted that they lead a monotonous life and have no news to give. However, it is encouraging when they show a genuine interest in the column. . . . My closing thought is this: see the world, take vacations, for the best thing to save for old age is yourself .- Morey A. Lippitz, Branch Correspondent.

North Side

Even in the midst of the "easy going" summer months, there is always news to report about the busy boys of the North Side Branch. . . . Scholarly activity ranks high with our new young members. George Brent will teach at Illinois and associate with Herman Medak. Seymour Gottlieb recently took a course in Boston and Roland Rudnick will be associate professor of crown and bridge at Illinois he bought his wife a nice car to celebrate. . . . Speaking of cars, we hear Henry Mittelman is quite a hunter with an automobile. Oh, the poor deer! . . . Joe Ambrose is planning a surprise for his mother in San Diego and, since she has never met her great grandson, Joe is bringing him out there for a visit. . . . Harry Greene just finished one wedding and is now in the throes of another, September 3rd. . . . We all wish Sam Pruzansky a speedy recovery from his surgery. ... Brethold Schulz, jut back from a oneyear trip around the world in a fourwheel drive Land Rover, was the first American to travel in Russia by car. . . Ed Walker is the new Vice-Chairman of



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membership in the Academy of General Dentistry. . . . Joel Arnold's children did him proud this year as the twins were graduated from grade school and his older child from high school. Looking ahead into October, a testimonial banquet is planned for Bernard Spiro on the 25th of the month to honor his tremendous interest in the Dental School of the Hebrew University in Jerusalem. Art Elfenbaum will be chairman of the affair. ... The first meeting of the North Side is set for October 10th. Advance information leads me to believe it will be one of the most interesting and unusual programs that we have ever had. Hal Rabin is its program chairman. . . . Marvin Berman has moved his office so he can do a more effective job on children, and his wife did him the favor of having a child to get his program started. . . . Sol Burnell tells me that the Workshop's first program will be December 6th and this guy has started off with a bang. The program will be "New Concepts in Surgical Procedures in Periodontia" and the leaders in the course will be the renowned Harry Sicher, Cliff Ochsenbein and Harry Staffileno. So, get your appointment books checked off for an exciting fall.-loseph W. Gordon.

Kenwood-Hyde Park

Sid Berg, just returned from a study course at Oakton Manor, swears he did it in two above par. Nice tan, Sid. . . . Note from Flo Dodson, secretary to Ben Gans: Jeffie, 91/2-year-old Great Dane, the prize pet of 75th and Clyde Clinic, and neighborhood guardian, is no more. Understand the girls are taking up jujitsu and judo until Flo raises another protector. . . . Tom Carlos of the 92nd Street beat, beside being an active official at the Tribune Golden Gloves, and swimming meet, has been giving polio shots all season for the Board of Health. Watch his eyes light up when he speaks of his son who is night editor of the Florida Sentinel And Star Daily. . . . Andy Jordan, happy in his new location at the

"200 Medical Center" on East 75th Street, has been down to Springfield on five occasions lately, giving his all in protecting the public from the "Denturists." . . Attention, Loyola fans: the Annual Loyola Dental School Golf and Dinner Outing will be held on September 13th at the Midwest Country Club, Hinsdale, Illinois. There will be no talk on the fund drive for the new school. Come on out and meet your classmates. . . . Milt Sondell and his family are visiting out west, taking in Yosemite and all the sights that hinge axis has made possible. Regards to Stuart, Milt. . . . Linn Cooley and his family are just back from a vacation in Nassau and Florida. Linn sang second bass with the Medinah Chorus at the Shriner's convention in Miami and his group won tongues down.-Vic Wittert.

Englewood

Bob Unger, Publicity Chairman, announces that plans are all made for the annual Loyola Dental School Golf and Dinner outing on Sept. 13th at the Midwest Country Club, Hinsdale, Ill. Honored will be, the 25th, the silver anniversary, class of 1936, represented by such Englewoodians as F. Copalman, M. Hayes, R. Loritz, V. Maurovich, W. Raczynski, Louie Sasso, Bob Straub, Ed Scanlan and Ed Thomas. There will be golf and dinner prizes for all. Everyone is invited and there will be no fund solicitation. Emil Coglianese is vice-chairman of the ticket committee. H. Mathews is vice-chairman of the publicity committee. Pacer and Vocat are on refreshment committee. . . . Vince Milas, Paul Kanchier and wives were guests of ex-Ill. State Dent. Soc. president, Isenberger, at the Centennial celebration of Lanark. Ill., in June. It was a colorful pageant with a beard-growing contest. . . . Paul and Kay will be busy baby-sitting while their daughter and son-in-law are busy setting up housekeeping in Homewood after being separated from the Army Medical Corps. . . . Dick Davido is going

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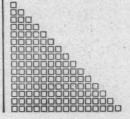
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back home to Penna. in August where they are having a first reunion in 21 years of the state Northwest Pennsylvania highschool football championship teams of '39 and '40 when Dick was star quarterback and halfback. It seems as if Dick's chest has "slipped" since then and we bet he couldn't run like that now. . . . It looks like Henry Mathews won the "debate" with his boss as they are heading for French Lick and the flat land golf course last week of July. Rumor has it that it will be a long time before Henry wins another debate. . . . Bob Unger and his Study Club Committee would like to hear from the members as to what subject they would like to have covered at the next seminar, so please drop him a line and let him know of your wishes. . . . Ed Werre reports that his son's eye operation was a success and the third time did the trick. Ed and his wife, weary from running to and from the hospital, are looking forward to a nice quiet vacation at their summer home. . . . Steve Radochonski and his committee are busy working on the Loyola Dental Building Fund and report that they are having an enjoyable time calling on the men and that it is a pleasure to see how the alumni are cooperating. . . . Mike Orth is busy these days running two offices, one in the city and one in Markham, Ill. . . . Dick Davido and Henry Mathews attended the Arcolian golf outing on June 28th and though their golf game was pretty good the "Ace of Spades" did them under. . . . Ed Bialecke is fishing near Cook, Minn. . . . Seymour Warady came back from a month in Europe. . . . Otto Wagner isn't going anyplace, he's just going to work. . . . T. A. Gasior is visiting his son in Fort Leavenworth where he is serving in the Dental Corps. . . . Bob Strenk made a change to a new home in Crawford Gardens in Oak Lawn. . . . Plewa is taking off for the New England states and the Gaspe Peninsula. . . . Andy Potempa is still feathering his nest in Olympia Fields and hasn't time for anything else. . . . Strenk, Dudek, Pelka, Bochenek, and Pier attended the Dental Arts Club picnic July 19th. . . . Chet Bochenek is taking his children to Disneyland in California. . . . Unger's children and their friends are putting on a play, "Alice in Wonderland" in the basement of their home to raise funds for the local church. . . . Bob Tharp is upholding the quality of dentistry by using gold foil restorations. . . . Web Byrne was in Quebec and arranged for that last shipment of cool air which we had. He says the French pastry is fine but those "French cookies" are out of this world. . . . Rudy Zerdun is on his way to Hawaii. . . . Joe Vocat is back from Philadelphia where he took 5 boys from the Evergreen Park High School Key Club including his son Joe. They attended the International Key Club Convention to which Joe, Jr. was a delegate. Jr. won second place in the National Talent Contest for the Ralph Edwards talent trophy, with his performance in ventriloquism. . . . Marion Hopkins just got back from the National Field Archery Tournament in Hot Springs, Ark. Marion is a 20-year archery enthusiast and be-

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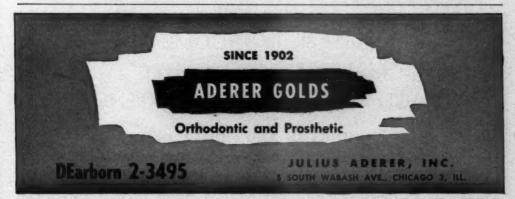
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longs to the southwest Mich. Archery League, the Chicago Bow Hunters, and the Chicago Archery Club. He didn't do too good placing in old man's class with a 20 pin for a perfect target. While there he roughed it by camping out and got awakened by thundering sounds only to learn that jet planes were breaking the sound barrier several times each night. He goes deer hunting each year and gets one each time and this with bow hunting with arrows. . . . Bob Unger is going to the North Woods in his new station wagon and this time all six of his children will fit comfortably. . . . The new Englewood officers are on the ball. All committees are set up and the first meeting is scheduled for Sept. Plan to join the dinner club and avoid missing those meetings .- Julius J. Dziubak, Branch Correspondent.

West Suburban

I'm sure you have all heard the expression, "feast or famine." Well, the famine in news items is setting in. Now that the golf outings are past-history (with the exception of Loyola's), the athletic prowess of our members is no longer a topic of conversation. Oh, well. . . . Joe Discipio advises me that programs pertaining to hospital procedures have been presented, and will continue to be presented during the remainder of the summer, to the dental staff at MacNeal Memorial Hospital. No end to schooling. . . . I hear Frank Klepacki is traveling the west suburban area with a station wagon filled with kid-

dies. All yours, Frank, or are you chauffeuring for a day camp? . . . I learned of this a little late, but I understand the perpetual travelers, John O'Connell, Charles Madison, Tom McCullough and Sal Metcalf, spent a week in Boston back in May, studying periodontia under Dr. Irving Glickman. Naturally these stalwart lads dropped in at Hyannis Port for a visit with J.F.K.—Joe "Fingers" Karr. ... Who said that golf is an uninteresting game? Tony Williams apparently didn't, because he has renewed his interest in that ever-loving game. Keep your head down, Tony. . . . Ron Gresens returned from a week's stay in Tulsa, Oklahoma over the 4th of July. Must have been checking up on his in-law's oil wells. Is it really black gold, Ron? . . . Speaking of Gresens, I understand Werner is getting along nicely at home. Several of the boys have paid him visits at home. If you can't do the same, a card or phone call would be nice. . . . The climax of the golf season will be held on Wednesday, September 13th, at the picturesque Midwest Country Club in Hinsdale. I am speaking of the annual Loyola Dental School golf and dinner outing. That's the word passed by Ted Chrobak, golf chairman, via Bob Pollock, president of the Dental Alumni Association. Prize chairman, Dr. Lee Schwartz, says there will be hundreds of dollars in golf and dinner prizes awarded with a prize for all. The annual fun hole, the eleventh, will again be featured under the chairmanship of George Welk, with a hole-in-one contest being handled by Henry Huntington. Early paid reserva-



tions for four may have choice tee-off times by calling Ted Chrobak at Gladstone 5-3632. Dr. Joseph Cantafio is ticket chairman and may be reached at ANdover 3-3235. Mail reservations may be made to his office at 55 E. Washington St., Chicago 2. Scoring and handicapping will be under the supervision of your correspondent (heh-heh). The 25th Anniversary Class of 1936 has Dr. Walter Zipprich as its chairman and he is expecting the finest turnout of any silver anniversary class. Members of '36 may call Dr. Zipprich at AUstin 7-2741 for further information. Dr. Carl Madda is in charge of trophies for this affair and Dr. Robert Unger is handling publicity. More information will be forthcoming in later issues, but mark your calendars now for Sept. 13th. . . . I understand that Harry Brown had a "hairy" experience in Tampa returning from his Florida vacation. He'll tell anyone about it who cares to inquire. . . . Emil Kern and family have decided to try the wide-open spaces of the West via the motor route. Guess he's been watching those TV commercials about "as you travel, ask us." . . Rumor has it that Dom Catrambone is going to take up tree surgery as a hobby. He figures it is more merciful, and quicker, than knocking them down with golf balls. . . . The Oliver Johnsons should be returning shortly from their summer trek to Michigan. . . . The Oak Park Lions held a picnic and steak fry on Wednesday, July 12th. Among our boys were Ron Gresens, Bob Atterbury, Al Kuncl and others. Plenty of free food and "pop." Al, being quite temperate, "nursed" one can of liquid refreshment for quite a spell, I'm told. Good boy. . . . Gordon Staskny and wife were doing some fishing in mid-July around the Wisconsin Dells. More than likely his wife probably "out-angled" Gordon. We shall have to wait for the fish stories. . . . And as the sun slowly sets, we bid a fond aloha to another issue. Tune in two weeks from now for another copy of "adventure in suburbia."-William R. Aquilino, Branch Correspondent.

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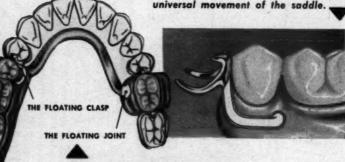
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THE DENTIST'S OPPORTUNITY IN NUTRITION

(Continued from page 10)

For these reasons, it is suggested that the dentist call to inform the physician that he has suggested his patient consult him regarding the status of his lips, gums, tongue, etc. The dentist may or may not wish to be specific about the suspected deficiency, depending upon his own convictions. If the Greater Chicago dentists have encountered resistance on the part of the physician on such referrals, it would seem logical to refer the matter to the respective county or city societies.

The Dentist and **Nutritional Guidance**

The dentist can give nutrition information without being a diagnostician. Indeed, he is expected to show concern about the nutrition education of his patients. Except in the most unusual circumstances, however, such information should be general. Corrective therapy should not be undertaken without the knowledge and consent of the patient's physician. Even though the dentist can be expected to show concern about nutritional status, how he brings about or cooperates in correcting dietary faults depends upon the patient-dentist relationship and the family-dentist-physician relationships.

Certainly there are situations in which the dentist would be expected to provide specific nutrition information. When a patient is without dentures or is unable to masticate food properly, he should be instructed on how to maintain adequate nutrition through the use of foods that do not require chewing. The currently popular formula diets, supplemented as necessary to provide adequate calories and protein, could serve nicely for a short time. Corrective nutritional therapy prior to oral surgery may also require the dental surgeon to institute rather specific dietary management.

What goals should the profession establish in regard to nutrition? For the most part, general information on nutrition should suffice. For this purpose the old seven-group food chart or the newer four-group plan can serve as useful teach-

ing guides.

The four-group food plan has been described in leaflet #424 of the United States Department of Agriculture, and Doctor Nizel in his book, Nutrition in Clinical Dentistry, devotes considerable attention to dietary counseling,5 utilizing the four-group food plan.3 The fourgroup plan is felt by many to be superior to the older basic seven-group plan, since it de-emphasizes food as a source of calories and is much simpler to follow. The fundamental plan is as follows:

- 1. Milk Group: Some milk daily. Children3 to 4 cups Teen-agers4 or more cups Adults 2 or more cups Pregnant women . . . 4 or more cups Nursing mothers...6 or more cups Cheese and ice cream can replace part of the milk.
- 2. Meat Group: Two or more servings, including-beef, veal, pork, lamb, poultry, fish, eggs, with dry beans and peas and nuts as alternates.
- 3. Vegetable-Fruit Group: Four or more servings, including-a dark green or deep yellow vegetable important for vitamin A-at least every other day. A citrus fruit or other fruit or vegetable important for vitamin C-daily. Other fruits and vegetables including potatoes.
- 4. Bread-Cereals Group: Four or more servings-whole grain, enriched, re-

Foods commonly used in the diet such as butter, margarine, other fats and oils, sugars, desserts, jellies, and unenriched grain products serve to fulfill the caloric and nutrient allowances not completely covered in the above plan.

Reliable teaching materials that utilize the four-group plan are obtainable from the U.S.D.A. and such organizations as the National Dairy Council, the Wheat Flour Institute, the American Institute of Baking, and National Livestock and Meat Board, and the A.M.A. The Wheat Flour Institute last year published a booklet entitled Your Dentist and Your Physician Look at Snack Foods. This booklet, developed for use in patient education, was reviewed by both the A.D.A. and the A.M.A. prior to publication. You may find it useful.

One goal for general patient education would be the creation of awareness that good nutrition is essential to good health. Good nutrition can be achieved by the judicious selection of wholesome foods chosen to provide an adequate intake of essential nutrients. This really is the basic concept expressed in the four-group food

plan.

The dental profession can be of great help in the never-ending battle to combat food faddism and nutrition nonsense. The food faddist or fanatic is one who puts great store in the health-giving properties of specific foods. He shuns other foods as being detrimental to health, and he tells the world about it. The net result of the activities of the food faddist is confusion. Good programs in public health nutrition are undermined, and confidence is lost in our general food supply.

Now I would like to summarize and at the same time formulate my answer to the question, "Must the dentist become a nutritionist?" I think that the dentist does not need to become a nutritionist. However, he should have sound general knowledge of the importance of good nutrition and ways of achieving it. It is true that the dentist in his routine examination may see signs that suggest nutrient deficiencies. Rather than treat

this individual himself, he should refer him to his physician.

The dentist is a professional person who is interested in more than dental health, that is, he is interested in the total health of the individual. And because the total health state reflects the integrity of the teeth and buccal membranes, he is in a position to provide general nutrition information to his patients. May I stress that, in most instances, such information be general. We must all avoid the pitfalls of promising glowing health and strong teeth and bones by the observance of a particular dietary regimen.

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4. Shaw, J. H.: Modern Nutrition in Health and Disease, Edited by Wohl, M. G. and Goodhart, R. S., Lea & Febiger, second edition, 1960.

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THE SIMPLE LIFE

I love the simple things of life, Come rainy day, or sunny: A crust of bread, a sip of wine, a rocking chair,

And money.

-ROY V. STEELE



NEWS AND ANNOUNCEMENTS

(Continued from page 12)

Street—whose space order forms have closely resembled those of the Illinois Bell Telephone Company—on June 21 was fined \$3,000, on 15 counts of mail fraud, and placed on probation for one year. His activities have been the subject of hundreds of inquiries and complaints to the Chicago Better Business Bureau of which the Society is a member organization.

Federal Judge Edwin A. Robson, following an 8-day bench trial, found Oleck guilty of duping advertisers into buying space in his "Greater Chicago Classified Business Directory." The Government charged that, of 150 advertisers interviewed, it failed to find one who did not believe he actually had purchased space in the Chicago Classified Telephone Directory (the Red Book).

Many dentists were similarly victimized every year and paid for listings in this classified directory under the impression they were paying their routine bill for Red Book listings. They would be subsequently embarrassed to find that they had inadvertently purchased an unethical listing for themselves. Naturally no Society action was taken against the duped members but the Society did protest vigorously, through the Better Business Bureau, of the deceptive operation. We are glad to be rid of this thorn in our side and we are appreciative of the good groundwork done by the Better Business Bureau.

LOYOLA GOLF OUTING

Dr. Robert Pollock, President of the Loyola Dental Alumni Association, announces that Dr. Ted Chrobak, Golf Chairman, has selected September 13, and the picturesque Midwest Country Club, Hinsdale, Illinois, as the date and site of the Annual Loyola (CCDS) Dental School Golf and Dinner Outing.

The prize chairman, Dr. Lee Schwartz, says there will be hundreds of dollars in golf and dinner prizes awarded, with prizes for all.

The annual fun hole, the eleventh, will again be featured under the chairmanship of Dr. George Welk, with a hole-inone contest being handled by Henry Huntington and Dr. A. Kaczala.

Early paid reservations for four may have choice tea-off time by calling Dr. Joseph Cantafio, AN 3-3235.

For reservations, address the Loyola Dental Alumni Association, 1757 West Harrison Street, Chicago 12, Illinois, so that the handicap chairman, Dr. William Aquilino, can have his committee pencil sharp.

The 25th Anniversary Class, 1936, has Dr. Walter Zipprich, as its chairman and he announces that they expect to have the greatest showing of any silver anniversary class.

Dr. Carl Madda is again handling the Trophy Committee and Dr. Robert Unger is Publicity Chairman.

Dr. Pollock promises this will be a wonderful opportunity to meet old classmates and make new friends.



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The following applications have been received by the Ethics Committee: Any member having information relative to any of the applicants, which would affect their membership, should communicate in writing with Mark C. Spencer, 5841 W. Belmont Avenue, Chicago 34.

Applicants

Firper, Harold S. (Northwestern 1956) West Suburban, 6729 W. Stanley Ave., Berwyn. Endorsed by Daniel M. Laskin and Benjamin I. Gans.

RYDSTROM, ROGER T. (Northwestern 1959)
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(Continued on page 30)

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For Sale: Summer home—Michiana Shores. Furnished two-bedroom house on 2 wooded lots, 2 screened porches. Gas heat. Insulated. Near lake. Fine income property. Many other extras. Telephone FRanklin 2-2828.

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For Sale: Dental practice, Woodstock, Illinois. Phone or write: Mrs. L. L. Metcalf, 211 W. Calhoun, Woodstock, Illinois. Federal 8-3010.

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For Sale: Dental practice, West Suburb. Good opportunity. Reasonable. Address O-14, The Fortnightly Review of the Chicago Dental Society.

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For Rent: For technician or similar purposes. 400 square feet addition to be constructed on Kenilworth Dental Building. Basement if desired, separate entrance, air-conditioned. Low rent to select party on long lease. ALpine 1-6228.

1,000 square feet of office space, presently 3 dental suites-will divide or remodel to suit tenants. Ground floor. Water, gas, and waste lines to accommodate dentists. Air-conditioned. On North Avenue, OAK PARK. Call VIllage 8-5454 or EStebrook 9-0999.

MT. PROSPECT: Modern dental buildingground floor - air-conditioned - paneled walls. Two-chair office-laboratory-business office and reception room. Ideally located-no parking problems. Phone CL 3-7000.

For Rent: South Shore-7222 Exchange Ave., onechair dental office, laboratory, business office and reception room. Modern ground-floor, air-conditioned building, daily cleaning and utilities included. Located at I.C. and bus stop. Parking facilities. Phone BA 1-2770.

Now Renting: Choice location-3412 Main St., Skokie, Illinois. August 1st occupancy. Air-conditioned. New dental building. Ground-floor. Adequate parking. One to six-room combinations. Reception room. RO 1-6556.

For Rent: Fully equipped two-operatory dental suite in Marshall Field Annex. Available immediately. Option to purchase the modern high-speed equipment including Modular cabinet. Contour chair, Midwest Air-Drive, Ora-Vac, G.E. Model "70" X-ray, etc. Address O-2, The Fortnightly Review of the Chicago Dental Society.

Growing Town of 20,000. N.W. Suburb, needs Orthodontist. Space available in new modern welldesigned medical bldg., with five physicians, dentist. Call YOrktown 7-7616.

Dental Office for Rent: Devon-Western area. Furnished. Approx. 600 sq. ft. Call ORchard 4-1335.

Ground-floor, new medical-dental building, Berwyn. Share reception room with busy medical doctors. Air-conditioned. Receptionist. Piped-in music. Ample parking for doctors and patients. Will rent either full time or part time. One operatory equipped with high-speed, motor chair, X-ray, cabinet, sterilizer. Private small business office. Share lab. Phone CAnal 6-3389.

HIGHLAND PARK: MEDICAL BUILDING BEING COMPLETED AUGUST. Space available for individual or group. Each ground-floor suite designed to suit with individual climate control, extensive windows and private garden areas. Ample parking. 735 St. Johns. RA 6-6726.

For Rent: 4800 South Ashland Avenue-Fully equipped dental office and reception room, A good location with an established practice for over 40 years. Due to death, location renting for immediate occupancy. Call Mr. Adams, YArds 7-2320.

For Rent: Zion, Illinois, newly decorated office suite in suburban area. 1st floor. Private parking adjacent bldg. Immediate occupancy. Professional bldg. Ideal city, population in excess of 12,000. Two to four-room combinations. McNABB PRO-FESSIONAL PLAZA, 2401-03 Sheridan Rd., Zion, Ill., TRinity 2-2777.

For Rent: Equipped space—two operatories—with Orthodontist. Part or full time. Western suburb. Write giving qualifications and references. Address O-22, The Fortnightly Review of the Chicago Dental Society.

LAND AVAILABLE

Ideal for hospital, medical center or office buildings. Convenient to all transportations—C.T.A., train and new Expressway. Northwest Side in Chicago; whole block or smaller adjacent sites. Write N. Rolnick, 6059 N. Nassau Ave., Chicago 31, Illinois.

TO SUBLEASE

NORTH SHORE BANK BLDG.—Equipped onechair dental office to sublease. Transfer corner. Centrally located for all suburbs. Call AM 2-3046 any day except Monday.

FOR RENT PART TIME

For Rent Part Time: 202 S. State—Completely equipped dental office including X-ray. One or two days a week. Phone ARmitage 6-1548 or WAbash 2-0425. Or, will sell office.

For Rent Part Time: Completely equipped dental office in Carlson Building, Evanston. Suitable for specialist or general practitioner. Ample time available. Very reasonable rental. Address O-8, The Fortnightly Review of the Chicago Dental Society.

PITTSFIELD BUILDING: Neatly appointed dental suite for rent two to four days a week. Reasonable. Call on Tuesdays and Thursdays, DEarborn 2-0179.

WANTED TO PURCHASE

Wanted to Purchase: Dental office and good will. Loop only. Address O-7, The Fortnightly Review of the Chicago Dental Society.

1956 U. OF ILL. Graduate desires to purchase practice, or association leading to eventual partnership or purchase of practice. Address O-11, The Fortnightly Review of the Chicago Dental Society.

Am seeking association or opportunity to buy into established dental practice. Military obligation completed, with additional private practice experience. Address O-19, The Fortnightly Review of the Chicago Dental Society.

WANTED TO RENT OR SHARE

Busy dentist would like to rent or share full or part time office space in Far South or Southwest area. Please call BE 8-6724.

Wanted to rent, in the LOOP, on Tuesdays only, fully-equipped (ultra-speed, Vacudent, etc.), dental operatories with a minimum of 2 chairs. Phone or write: TRinity 2-5626, Dr. Jurs, 1001 Sheridan Road, Winthrop Harbor, Illinois.

CALIFORNIA BOARD

Dentist wanted to form study group for California Board. Address O-23, The Fortnightly Review of the Chicago Dental Society.

ASSOCIATIONS WANTED

1958 University of Illinois graduate, experienced in highspeed. Military obligation completed. Desires association in Chicago or suburbs. Address O-5, The Fortnightly Review of the Chicago Dental Society.

Experienced Dentist desires part-time association. Prefers North or Northwest Chicago or Suburban area. Will also consider renting office space. Address O-6, The Fortnightly Review of the Chicago Dental Society.

Illinois Licensed Dentist, age 28, married, completing military obligation September, 1961, desires association in Chicago or suburban area. Address O-9, The Fortnightly Review of the Chicago Dental Society.

Full or part time association desired in Chicago or Suburbs by '58 U. of Ill. graduate. Military obligation completed. Telephone CO 7-7352.

(Continued on page 30)



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PROFESSIONAL RUSINESS



ANAGEMENT, Inc.

Young single dentist wishes to work in established practice. Experienced military and private. Address O-18, The Fortnightly Review of the Chicago Dental Society.

OPPORTUNITIES

Associate Wanted for busy general practitioner on Southwest Side. Please state age, experience, military obligation, etc. Address O-3, The Fortnightly Review of the Chicago Dental Society.

Wonderful Opportunity: Part or full time in a fivechair office doing much rehabilitating work. Address O-4, The Fortnightly Review of the Chicago Dental Society.

Wanted: DENTIST as associate with eventual partnership. Private modern office building on Southeast Side of Chicago. Excellent opportunity for the right man. Please state qualifications, etc. Address C-20, The Fortnightly Review of the Chicago Dental Society.

DENTIST desired for association and eventual partnership in short time. Personable. Good worker a must. Northwest Illinois community. Address O-24, The Fortnightly Review of the Chicago Dental Society.

SITUATIONS WANTED

NEED OFFICE HELP, DOCTOR? Need an experienced chairside assistant? Or would you prefer an eager-to-learn BEGINNER for training YOUR way? In either case, 'phone us. We are employment counsellors to the dental and medical professions. Our city-wide placement service is FREE to the employer. Your inquiry will be handled in confidence. There's no obligation. ASSOCIATED MEDICAL PERSONNEL BUREAU, 17 North State Street, Telephone ANdover 3-3438.

GARLAND MEDICAL PLACEMENT offers a FREE-CONFIDENTIAL service to you, the Employer. TRAINEE Group includes some Undergraduate Nurses, General Office Girls, High School and College Graduates looking for an opportunity to learn and work in a challenging position. Salary requirements for most of these girls is of secondary consideration. If you prefer an EXPERIENCED ASSISTANT we'll be happy to set up interviews for you with women who have worked in the Field. GARLAND MEDICAL PLACEMENT—25 E. Washington St., MARSHALL FIELD ANNEX—ANdover 3-0145.

June 1961 Northwestern Graduate desires a position as a Dental HYGIENIST on the far South Side or South Suburban area. Call PU 5-2850.

MEDICAL PLACEMENT SPECIALISTS—NEW PERSONNEL AVAILABLE NOW-A FREE SERVICE TO EMPLOYER: DENTAL ASSIST-ANT-EXPERIENCED: Trained in University Dental Clinic; three years' experience as "GIRL FRIDAY" to General Practitioner. Took complete charge of office setting appointments, recalls, collections, billing and keeping accounts. She's an excellent chairside assistant, can take and develop X-Rays, cast and invest inlays, work with models, etc. An energetic and capable young woman of 28, single. DENTAL TRAINEES: We have many applicants who are interested in working in the dental field. Some have limited experience in dental offices, some have taken dental training courses, some have nursing backgrounds, others office backgrounds. All are looking for an opportunity rather than salary. FOR THESE AND MANY MORE APPLICANTS IN CHICAGO AND ALL SUB-URBAN AREAS, CAREFULLY SCREENED BY EXPERIENCED COUNSELLORS, CALL MISS CLARE, MEDICAL PLACEMENT SPECIAL-ISTS, 111 N. WABASH, GARLAND BLDG. AN 3-0382. NO CHARGE TO EMPLOYER FOR OUR SERVICES.

HELP WANTED

HYGIENIST wanted for Evanston practice. Full time position. Commission, salary—or both. Paid vacation and sick leave. Please call Dr. Richard A. Lee, UNiversity 4-3344.

Wanted: DENTAL ASSISTANT, experienced, familiar with the various phases of dental assisting and office management. In vicinity of 127th and Halsted. Phone PU 5-6677.

DENTAL HYGIENIST wanted two or three days a week—in LaGrange area. Transportation necessary. Address O-16, The Fortnightly Review of the Chicago Dental Society.

Wanted: DENTAL HYGIENIST, part or full time, at convenient Northwest Side of Chicago office. Call Dickens 2-2297.

DENTAL TECHNICIAN: Excellent opportunity. Full or part time, evenings and week-ends. Crown and bridge experience necessary. Address O-25, The Fortnightly Review of the Chicago Dental Society.

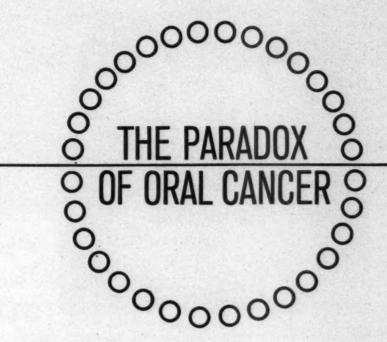
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APPLICANTS

(Continued from page 26)

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In 1961, some 13,300 cases of oral cancer will be diagnosed. Of these, only 5,000 will be cured! It is a tragic paradox that the cure rate should be so low for a cancer that is accessible and comparatively easy to detect in its early and curable stages.

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trolled. The American Cancer Society's public and professional educational efforts encourage earlier case findings by stressing the importance of regular health checkups and professional consultations when symptoms develop. Implementing these efforts are films, publications, exhibits, speakers. Information may be obtained at local units of the





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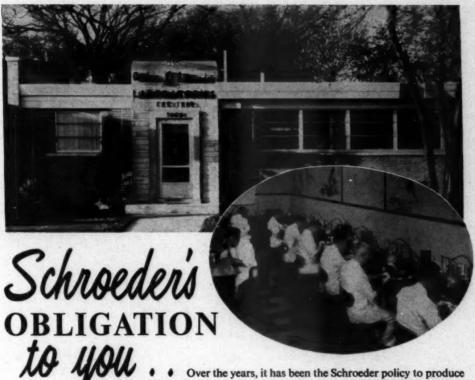
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